

GENERAL HEALTH

www.womenshealth.gov

Pregnancy, fitness, violence

www.womenshealth.gov/publications/ our-publications/lifetime-goodhealth/?source=govdelivery

HHS A Lifetime of Good Health Project

www.cdc.gov/niosh

Information on occupational safety and health (environmental exposure, toxins to avoid if pregnant or planning)

www.marchofdimes.com/pregnancy/getready.html

March of Dimes website on getting ready for pregnancy

NUTRITION

www.choosemyplate.gov

General nutrition and healthy eating information

www.americanpregnancy.org gettingpregnant/womenpreconception. htm

Preconception nutrition information from the American Pregnancy website

www.americanpregnancy.org/

Foods to avoid when pregnant from the American Pregnancy website

FINANCES

www.cnpp.usda.gov/calculatorintro.htm

Department of Agriculture cost of raising a child, financial calculators

www.naccrra.org

Information on the cost of child care

CRISIS SUPPORT

www6.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/bhcs/vs.asp

Montgomery County, MD Abused Persons Program

www6.montgomerycountymd.gov/fjctmpl.asp?url=/content/fjc/index.asp

Montgomery County, MD Family Justice Center

www.thehotline.org

National Domestic Violence Hotline

www.loveisrespect.org/about-national-dating-abuse-helpline

National Dating Abuse Helpline



Do you know someone who's planning a pregnancy? Share this checklist!

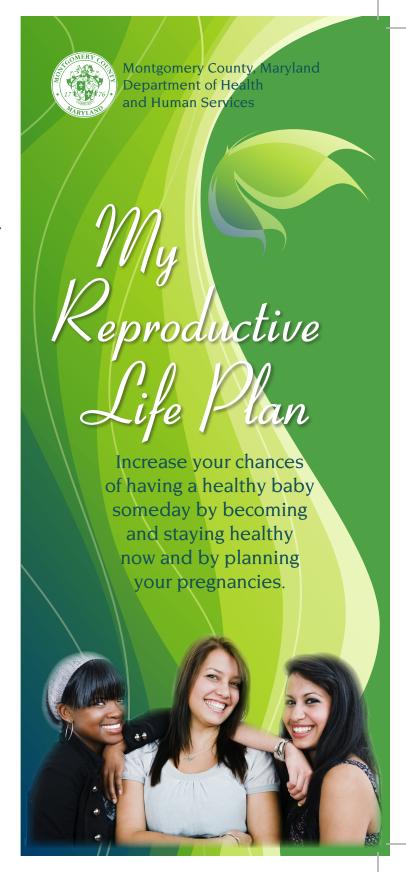


Montgomery County, Maryland Department of Health and Human Services

> Improved Pregnancy Outcomes Program

For Montgomery County Programs and Information, Call 311 www.montgomerycountymd.gov

www.infoMONTGOMERY.org



bu can increase your chances of having a healthy baby someday by becoming and staying healthy now and by planning your pregnancies. Here's how!

Check items you would like to discuss with your doctor and bring your checklist to your next medical appointment.



Decide when or if you want children – plan ahead:

☐ I am not sure ☐ I do not want to have children ☐ I want to have a child: ☐ Now ☐ Within the next five years ☐ Sometime beyond the next five years
Think about what you want to do before
you get pregnant. I want to:
☐ Be in a healthy relationship
☐ Finish school
☐ Travel
☐ Be financially stable
Think about what would be ideal for you
and your life:
At what age do I want to start having children?
☐ How many children do I want to have?
☐ How far apart would I like to space
my children?
What method of family planning do I

Every Woman . . . Every Medical Visit . . . Talk About Your Life Plan

want to use until I'm ready to get

pregnant?



Being overweight can cause problems for you and your baby during pregnancy. Obesity could make it harder for you to become pregnant.

pecome pregnant.		
 ☐ Am I at a healthy weight? ☐ How can I reach my healthy weight? ☐ What can you recommend to help achieve my ideal weight? ☐ Do I have a healthy diet? ☐ How much regular exercise do I need? 		
t is important to see a doctor before getting pregnant, especially if you have:		
 □ Epilepsy □ Diabetes □ Low thyroid □ High blood pressure □ Asthma □ Genetic problems that run in the family 		
f you take certain medicines like anti- eizure medicines, blood thinners or prescription treatments for acne:		
75		

Do you take these or other medications

regularly?

☐ Yes ☐ No

☐ Have you talked to your doctor about taking these medicines before or during a pregnancy?
☐ Yes ☐ No







You can increase your chances of having a healthy baby someday by becoming and staying healthy now, and by planning your pregnancies:

yo	ur pregnancies:
	Get help if you are experiencing
	domestic violence
	Make sure your immunizations are up
	to date
	Avoid using alcohol and drugs
	Take a daily multivitamin with 400 mcg
	of folic acid
	Choose water over juices and sodas
	Eat 2-3 servings of low-fat dairy
	products a day
	Choose fresh fruits, veggies, and whole
	grains whenever you can
	Reduce salt intake to less than 1500 mg
	a day
	Try for 30 minutes of activity 4-6 times
	ner week

☐ Avoid smoking and second hand smoke

☐ Protect yourself from sexually

manage stress

transmitted diseases (STDs)

☐ Take time for yourself: reduce and